

# Grace Questions

With NKJV

Those who improve their minds and hearts with God—faith, through corrective inward actions, will understand it better.

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## Humble not proud

Romans 12:3 For I say, through the **grace** given to me, to everyone who is among you, not to think *of himself* more highly than he ought to think, but to think soberly, as God has dealt to each one a measure of faith.

Questions - What is thinking “of himself more highly than he ought to think?” What is sober thinking?

James 4:6 But He gives more **grace**. Therefore He says: “God resists the proud, But gives **grace** to the humble.”

1 Peter 5:5 Likewise you younger people, submit yourselves to *your* elders. Yes, all of *you* be submissive to one another, and be clothed with humility, for “God resists the proud, But gives **grace** to the humble.”

Question - Why does God resist the proud and give grace to the humble? Does God give grace to the proud? How so or why not?

2 Corinthians 1:12 For our boasting is this: the testimony of our conscience that we conducted ourselves in the world in simplicity and godly sincerity, not with fleshly wisdom but by the **grace** of God, and more abundantly toward you.

Questions - What is “the testimony of our conscience?” Why is that important? How important is it to conduct “ourselves in the world in simplicity and godly sincerity?” How does our conduct affect our conscience?

(Fact to remember — We are to humble ourselves. Grace is given to the humble.)

## Grace & sincere Love

Ephesians 6:23 - 24 Peace to the brethren, and love with faith, from God the Father and the Lord Jesus Christ. Grace *be* with all those who love our Lord Jesus Christ in sincerity. Amen.

Questions - Why are peace, love, sincerity, and faith so important to be with us? What is the difference between love with sincerity and love without sincerity? What is love with peace and love without peace?

2 John 1:3 **Grace**, mercy, *and* peace will be with you from God the Father and from the Lord Jesus Christ, the Son of the Father, in truth and love.

Questions - Is grace, mercy, and peace with you? In what ways? What is truth in love vs. truth without love?

Romans 5:21 so that as sin reigned in death, even so **grace** might reign through righteousness to eternal life through Jesus Christ our Lord.

Questions - What is righteousness? How does grace rain through righteousness? How does sin rain in death?

## **Grace & gifts**

Romans 12:6 Having then gifts differing according to the **grace** that is given to us, *let us use them*: if prophecy, *let us prophesy* in proportion to our faith;

Questions - How can we use our gifts with grace? Is there a difference between using our gifts with grace and without grace? How so or why not?

1 Peter 4:10 As each one has received a gift, minister it to one another, as good stewards of the manifold **grace** of God.

Questions - Are you a good steward of the manifold grace of God? How so or why not?

## **Grace & work**

1 Corinthians 3:10 According to the **grace** of God which was given to me, as a wise master builder I have laid the foundation, and another builds on it. But let each one take heed how he builds on it.

Questions - How does grace impact how we do things? How do you take heed how you build on it?

1 Corinthians 15:10 But by the **grace** of God I am what I am, and His **grace** toward me was not in vain; but I labored more abundantly than they all, yet not I, but the **grace** of God *which* was with me.

Questions - What does it mean, “But by the **grace** of God I am what I am?” What does it mean, “His **grace** toward me was not in vain; but I labored more abundantly?” Are we obeying grace like this? How so or why not?

2 Corinthians 6:1 - 10 We then, as workers together *with Him* also plead with *you* not to receive the grace of God in vain. For He says: “In an acceptable time I have heard you, And in the day of salvation I have helped you.” Behold, now *is* the accepted time; behold, now *is* the day of salvation. We give no offense in anything, that our ministry may not be blamed. But in all *things* we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings; by purity, by knowledge, by longsuffering, by kindness, by the Holy Spirit, by sincere love, by the word of truth, by the power of God, by the armor of righteousness on the right hand and on the left, by honor and dishonor, by evil report and good report; as deceivers, and *yet* true; as unknown, and *yet* well known; as dying, and behold we live; as chastened, and *yet* not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and *yet* possessing all things.

Questions - What is receiving grace in vain? How can we better commend ourselves as ministers of God? How is our patience, tribulations, purity, knowledge, kindness, and longsuffering as ministers of God?

Acts 14:26 From there they sailed to Antioch, where they had been commended to the **grace** of God for the work which they had completed.

Question - By what work might we be commended to the grace of God?

2 Thessalonians 2:16 - 17 Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given *us* everlasting

consolation and good hope by **grace**, comfort your hearts and establish you in every good word and work.

Questions - How does grace give us “everlasting consolation and good hope?” How are we established by grace?

## **Deny & fall from grace**

Jude 1:4 For certain men have crept in unnoticed, who long ago were marked out for this condemnation, ungodly men, who turn the **grace** of our God into lewdness and **deny** the only Lord God and our Lord Jesus Christ.

Questions - What is your experience with grace? Is it good or evil? What does it feel like?

Galatians 2:21 I do not set aside the **grace** of God; for if righteousness *comes* through the law, then Christ died in vain.”

Questions - How can Christ die in vain? How can we set aside the grace of God? What is righteousness?

Galatians 5:4 You have become estranged from Christ, you who *attempt to* be justified by law; you have fallen from **grace**.

Questions - How can someone fall from grace or become estranged from Christ? What is attempting to be justified by law?

Hebrews 10:29 Of how much worse punishment, do you suppose, will he be thought worthy who has trampled the Son of God underfoot, counted the blood of the covenant by which he was sanctified a common thing, and insulted the Spirit of **grace**?

Question - How can we insult the Spirit of grace?

Hebrews 12:15 looking carefully lest anyone fall short of the **grace** of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

Questions - How carefully are you looking? How can someone fall short of the grace of God or become defiled? How does a root of bitterness spring up?

## **Spreading, sharing, growing, & strengthening grace**

2 Corinthians 4:15 For all things *are* for your sakes, that **grace**, having spread through the many, may cause thanksgiving to abound to the glory of God.

Questions - How are you spreading grace that causes thanksgiving?

2 Corinthians 8:1 Moreover, brethren, we make known to you the **grace** of God bestowed on the churches of Macedonia:

Question - How are we making known to people the grace of God?

2 Corinthians 8:6 - 7 So we urged Titus, that as he had begun, so he would also complete this grace in you as well. But as you abound in everything—in faith, in speech, in knowledge, in all diligence, and in your love for us—see that you abound in this grace also.

Questions - What is completing grace in people? Are we to abound in the grace of faith, speech, knowledge, diligence, and love? How so or why not?

Ephesians 2:1 - 5 And you *He made alive*, who were dead in trespasses and sins, in which you once walked according to the course of this world, according to the prince of the power of the air, the spirit who now works in the sons of disobedience, among whom also we all once conducted ourselves in the lusts of our flesh, fulfilling the desires of the flesh and of the mind, and were by nature children of wrath, just as the others. But God, who is rich in mercy, because of His great love with which He loved us, even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved),

Questions - Who was made alive after being dead? Isn't being made alive after being dead a resurrection? Is being dead someone who walks

according to the worlds ways? Does this describe people who are changed in how they walk and conduct themselves?

Philippians 1:7 just as it is right for me to think this of you all, because I have you in my heart, inasmuch as both in my chains and in the defense and confirmation of the gospel, you all are partakers with me of **grace**.

Questions - What is a partaker of grace? Does setting our hearts and minds to participate more in grace help us to partake in it? How so or why not?

2 Timothy 2:1 You therefore, my son, be strong in the **grace** that is in Christ Jesus.

Questions - How can you be strong in grace? How can we strengthen ourselves in grace?

Hebrews 4:16 Let us therefore come boldly to the throne of **grace**, that we may obtain mercy and find **grace** to help in time of need.

Questions - How do we come to the throne of grace? How does being with grace help us obtain mercy? How do we find grace?

Hebrews 12:28 Therefore, since we are receiving a kingdom which cannot be shaken, let us have **grace**, by which we may serve God acceptably with reverence and godly fear.

Questions - What is meant by, "let us have grace?" Does grace help us serve God acceptably? How so or why not?

Hebrews 13:9 Do not be carried about with various and strange doctrines. For *it is* good that the heart be established by **grace**, not with foods which have not profited those who have been occupied with them.

Question - How is your heart established by grace and what is that like?

2 Peter 1:2 **Grace** and peace be multiplied to you in the knowledge of God and of Jesus our Lord,

Question - How can grace be multiplied?



2 Peter 3:18 but grow in the **grace** and knowledge of our Lord and Savior Jesus Christ. To Him *be* the glory both now and forever. Amen.

Questions - Are you growing in grace? How so or why not?

## **According to grace/by grace**

Ephesians 2:8 - 10 For by grace you have been saved through faith, and that not of yourselves; *it is* the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

Questions - What does he mean by “you have been saved through faith?” How are we created for good works? What are good works and how are we walking in them?

Ephesians 3:7 of which I became a minister according to the gift of the grace of God given to me by the effective working of His power.

Questions - How is he ministering according to grace? What does that look, sound, and feel like?

Ephesians 3:8 - 13

Purpose of the Mystery

To me, who am less than the least of all the saints, this grace was given, that I should preach among the Gentiles the unsearchable riches of Christ, and to make all see what *is* the fellowship of the mystery, which from the beginning of the ages has been hidden in God who created all things through Jesus Christ; to the intent that now the manifold wisdom of God might be made known by the church to the principalities and powers in the heavenly *places*, according to the eternal purpose which He accomplished in Christ Jesus our Lord, in whom we have boldness and access with confidence through faith in Him. Therefore I ask that you do not lose heart at my tribulations for you, which is your glory.

Questions - Do you “see what *is* the fellowship of the mystery?” How so or why not? Do you have boldness and access with confidence? How so or why not? What is it to lose heart at tribulations? What is meant by “according to the eternal purpose?”

## Knowing and teaching grace

Titus 2:11 - 15 For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself *His* own special people, zealous for good works. Speak these things, exhort, and rebuke with all authority. Let no one despise you.

Questions - What does grace teach us to do? What is it like to be zealous for good works or deny ungodliness? What is it like to rebuke with all authority? What of these teachings are you learning?

Ephesians 4:29 Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

Questions - What are corrupt words and how might they impact edification? How can we impart grace to hearers?

Colossians 1:6 which has come to you, as *it has* also in all the world, and is bringing forth fruit, as *it is* also among you since the day you heard and knew the **grace** of God in truth

Question - What is it to know the grace of God in truth?

Ephesians 1:7 - 9 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence, having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself,

Questions - What is “according to the riches of His grace?” How are we abounding in all wisdom and prudence? What is wisdom and prudence? Do you know the mystery of His will?

Acts 13:43 Now when the congregation had broken up, many of the Jews and devout proselytes followed Paul and Barnabas, who, speaking to them, persuaded them to continue in the **grace** of God.

Questions - How do you continue in the grace of God? Why might we need persuasion?

Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with **grace** in your hearts to the Lord.

Questions - How do you let the word of Christ dwell in you richly in all wisdom? How are you teaching and admonishing others with grace in your heart?

Colossians 4:6 *Let* your speech always be with **grace**, seasoned with salt, that you may know how you ought to answer each one.

Question - How do you let your speech always be with grace?

## **When grace was given**

2 Timothy 1:9 who has saved us and called *us* with a holy calling, not according to our works, but according to His own purpose and **grace** which was given to us in Christ Jesus before time began

Question - How long has grace been given to us?

## **Grace Daily Check List Questions**

Did I pray for guidance and strength to do God's will?

How well did I humble myself? Are my thoughts, attitudes, words, and demeanor humble?

Do I love God above all else? Is my love sincere and without hypocrisy?  
How so or why not?

How am I thinking, speaking, and walking more in peace?

What thoughts and sensations with good did I experience?

## **More with God**

Grace exists as a gift for anyone to access. It is ready and available, but there are conditions. God gives grace to the humble and those who do His will. Although we all sin and fall short, we all can grow with God. We are instructed to grow with God. We are commanded to love God with our inward all.

Are you ready and willing to make God's goodness increasingly your goal, to respond and improve with it? Are you ready to experience it more and improve our senses of it?

## **Is grace a goal?**

1 Corinthians 15:10 But by the **grace** of God I am what I am, and His **grace** toward me was not in vain; but I labored more abundantly than they all, yet not I, but the **grace** of God *which was* with me.

Question - How is your labor with or by grace?

## **Thy will, not mine, be done**

God has a will and a way. God has righteousness and goodness. God is good. Grace flows from God's good. We can tap into the perfect gift of God when we begin to sincerely humble ourselves and choose to obey, follow, seek, and do God's will. We can choose to function by and with grace. We can choose to inwardly arrange ourselves to accept and respond with God's good.

## **When we awake**

Our first part of this process each day will involve a dedication of time to inwardly seek it. We can sincerely and humbly present our inward selves to God and offer our minds, hearts, and bodies to do God's will. This involves time to think, ponder, remember, consider, and practice improved behavior with God's good.

## Throughout the day

We can continue our focus upon God with periodic refreshing prayers or thoughts to remember God's goodness and grace. We can consider adjustments with being humble and sincere.

## Corruption and Inward evil

When we recognize evil with us we can learn more about it. We can ask ourselves where it comes from and seek identification of the bitter roots supporting in it. This could be deep down beyond our awareness. The point is to practice inward examination of our inward selves for good and evil. We can write down what we learn. We can share with a mentor what we find and pray for a humble and ready heart for its removal.

As we do this we can keep in mind 2 Corinthians 10:3-6.

## Thy will, be done

Psalm 143:10 Teach me to do **Your will**, For You *are* my God; Your Spirit *is* good. Lead me in the land of uprightness.

Psalm 40:8 I delight to do **Your will**, O my God, And Your law *is* within my heart."

Matthew 6:10 Your kingdom come. **Your will** be done On earth as *it is* in heaven.

Luke 11:2 So He said to them, "When you pray, say: Our Father in heaven, Hallowed be Your name. Your kingdom come. **Your will** be done On earth as *it is* in heaven.

Questions - How are you seeking to learn and do the will of God? How often do you pray for it and practice it?

Matthew 26:42 Again, a second time, He went away and prayed, saying, "O My Father, if this cup cannot pass away from Me unless I drink it, **Your will** be done."

Luke 22:42 saying, “Father, if it is **Your will**, take this cup away from Me; nevertheless not My will, but Yours, be done.”

Questions — Why does Jesus prioritize God’s will? Is Jesus humble to God? Why does Jesus pray to God? Are you humble to God? How so or why not? Are we praying to God like Jesus did?

Jesus says in Mark 3:35 For whoever does the **will of God** is My brother and My sister and mother.”

Questions — Are you doing the will of God? How so or why not?

Luke 7:30 But the Pharisees and lawyers rejected the **will of God** for themselves, not having been baptized by him.

Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect **will of God**.

Question — How are you renewing your mind with God’s good? How are you proving what is good?

Romans 15:32 that I may come to you with joy by the **will of God**, and may be refreshed together with you.

Ephesians 6:6 not with eyeservice, as men-pleasers, but as bondservants of Christ, doing the **will of God** from the heart,

Questions — Are we seeking to respond in ways that will fit in with mainstream or to abide more in and with the will of God? How so?

Colossians 4:12 Epaphras, who is *one* of you, a bondservant of Christ, greets you, always laboring fervently for you in prayers, that you may stand perfect and complete in all the **will of God**.

Questions — What is standing perfect and complete in all the will of God? What might that look like for you? What might you do differently?

1 Thessalonians 4:1 - 8 Finally then, brethren, we urge and exhort in the Lord Jesus that you should abound more and more, just as you received from us how you ought to walk and to please God; for you know what commandments we gave you through the Lord Jesus.

For this is the will of God, your sanctification: that you should abstain from sexual immorality; that each of you should know how to possess his own vessel in sanctification and honor, not in passion of lust, like the Gentiles who do not know God; that no one should take advantage of and defraud his brother in this matter, because the Lord *is* the avenger of all such, as we also forewarned you and testified. For God did not call us to uncleanness, but in holiness. Therefore he who rejects *this* does not reject man, but God, who has also given us His Holy Spirit.

Questions — How are we prompting ourselves toward holiness? How are we abounding more and more?

Hebrews 10:36 - 39 For you have need of endurance, so that after you have done the will of God, you may receive the promise:

“For yet a little while,

*And* He who is coming will come and will not tarry.

Now the just shall live by faith;

But if *anyone* draws back,

My soul has no pleasure in him.”

But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.

Questions — When does the promise come, before or after doing the will of God? What might it be like inwardly, if we draw back from God, and follow ungodliness? Would we grow in love, peace, and fulfillment or wither toward emptiness, bitterness, and loneliness? How so?

Ezra 10:11 Now therefore, make confession to the Lord God of your fathers, and do **His will**; separate yourselves from the peoples of the land, and from the pagan wives.”

Questions — What is it like inwardly, with our hearts and minds in the process of confession? What is it like before, during, and afterwards? Is it good? How so or why not?

Luke 12:47 And that servant who knew his master's will, and did not prepare *himself* or do according to **his will**, shall be beaten with many *stripes*.

Questions — What is it like inwardly to know the good we ought to do and not do it? Does it feel better if we continue that way or worse? How so?

John 7:17 If anyone wills to do **His will**, he shall know concerning the doctrine, whether it is from God or *whether* I speak on My own *authority*.

Question — How might having experience in something help us discern if others have had that experience?

John 9:31 Now we know that God does not hear sinners; but if anyone is a worshiper of God and does **His will**, He hears him.

Questions — Why do you think God doesn't hear sinners? When someone is seeking to sin are they listening for God? If someone is worshipping God might they hear God better? Doesn't our inward orientation impact what we learn?

Acts 22:14 Then he said, 'The God of our fathers has chosen you that you should know **His will**, and see the Just One, and hear the voice of His mouth.

Romans 2:18 and know **His will**, and approve the things that are excellent, being instructed out of the law,

Ephesians 1:3 - 6 Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved.

Questions — What is it like in our minds to be holy? How does doing His will bring forth good pleasure?



Colossians 1:9 For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of **His will** in all wisdom and spiritual understanding;

Questions — How are you being filled with the “knowledge of His will in all wisdom and spiritual understanding?” What’s that process like?

2 Timothy 2:22 - 26 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. But avoid foolish and ignorant disputes, knowing that they generate strife. And a servant of the Lord must not quarrel but be gentle to all, able to teach, patient, in humility correcting those who are in opposition, if God perhaps will grant them repentance, so that they may know the truth, and *that* they may come to their senses *and escape* the snare of the devil, having been taken captive by him to *do* his will.

Questions — How do you “flee also youthful lusts; but pursue righteousness, faith, love, peace?” How do you “avoid foolish and ignorant disputes?” How are you “gentle to all, able to teach, patient, in humility correcting those who are in opposition?” What is it like to come to your senses and escape the snare?

According to 'His will,' not ours.

1 John 5:14 Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

Question — How is asking things according to His will different from asking things not according to His will? When we ask, are we carefully ensuring it has something to do with His will?

## NO CONDEMNATION

Attacking ourselves or others has nothing to do with God’s good. We can learn more about this over time as we develop our senses and make inward corrections. We must identify our own errors and inwardly abide more in God for corrections, but this does not mean we attack ourselves or others. Belittling and condescension are often more hurtful than helpful. We can humbly, gently, patiently, and lovingly rebuke, exhort, and encourage ourselves and others toward spiritual growth and improvement.

When we are in error, we can apologize and make amends for harm done. We can forgive and have mercy. We ought to seek walking our talk and doing what we say.

Like sensing heat or cold which we cannot see, we can learn to better identify good and evil. Our bodies react to heat and cold even though we do not see it. The more extreme it is the quicker we can sense it. This too with good and evil. As we improve our awareness with good and evil we can increase our ability to identify it in ourselves and others. The more aware we are with good and evil, the easier it will be for us to choose God's good.

Through continued seeking, studying, practicing, reflecting, and learning God's good and evil, we can come to better know the sensation of grace. This knowledge can help guide us into being with grace and growing in righteousness more and more.

We will need to face uncomfortable truth about ourselves. We will need to sincerely seek out hurt, harm, and evil we have practiced, and then make corrections. We can right our wrongs. We are to grow peace. Harm and hurt we have done will need resolve for more peace and healing to occur. Relationships will need restoration. This is not about being perfect, but making improvements toward that which is perfect. This helps us cleanse our conscience and purify our hearts which can help us more with grace. We can grow peace and choose actions to help make peace possible.

We can practice, "But by the **grace** of God I am what I am," with continued prayer, thoughts, and corrective actions to inwardly invest ourselves to grow more with God's goodness and righteousness.

If we merely tell ourselves "But by the **grace** of God I am what I am" while not applying growing corrective inward responses by grace, we can easily follow a delusion or self-deception. Therefore, we must have accountability with others, to test ourselves and verify our growth. We must see the truth within our thoughts and humble ourselves for corrections. We can benefit from other's feedback about the good we practice to better understand our growing in it. We can associate with others who are sober minded, objective, and trained in God's good and righteousness. We can listen and learn from what others perceive about us with a humble attitude and a growth mindset.

We can pray:

“God help me see how to improve with your grace and good, take away my pursuits of evil, show me my errors and your solutions, grant me strength to walk more in grace so I may better feel your love, amen.”

## Good & Evil Quick Reference

### Good

1. Truth, No partiality, Heeding the word
2. Humble, Serving, Contrite,
3. Seeking good, Knowing good, Abhor evil, Repentance
4. Peace, Love, Compassion, Mercy
5. Charitable deeds, Lending
6. Zeal, Perseverance, Labor
7. Forgiveness, Caring for enemies, Not to burden
8. Generosity, Sharing, Giving
9. Building sincere love with others

### Evil

1. Deceit, False lips, Flattery, Hypocrisy
2. Pride, Arrogance, Vanity
3. Seeking evil, Thinking evil, Avoiding good, Covet, Envy, Rebellion, Ungodliness
4. Malice, Clamor, Bitterness, Wrath, Anger,
5. Not giving or helping others
6. Seeking comforts, Sloth, Avoiding struggle
7. Holding grudges, Vengeful thinking, Paybacks, Doing evil, Creating harm
8. Love of money, Debt, Oppressing
9. Withdrawing from others, keeping people

Malice - desiring ill will or misfortune of others

Clamor - making lots of noise to agitate

Hypocrisy (hypokrisis) - playacting,  
“any person who was wearing a figurative mask and pretending to be someone or something they were not”

<https://www.merriam-webster.com/words-at-play/hypocrite-meaning-origin>

Romans 12:9 NKJV “Behave Like a Christian  
Let love be without hypocrisy. Abhor what is evil. Cling to what is good.”

## **Daily Process**

Ponder God's character traits, how to practice and serve them, for they are Good.

Humble ourselves away from self-seeking, pride, vanity, idolatry, or other ungodly distractions.

Meditate upon the feelings and sensations of our doing Good and evil.  
Inwardly cling to the Good.

Pray for strength, courage, and direction to do Good.

Identify struggles with evil, confess and discuss them, have mercy, and walk in forgiveness. Psalm 34:14

Slow down, take it easy, practice patience, walk peacefully.

Look for opportunities to do God's good today. Be spiritually ready, observant, and discerning.

Take comfort in the Good experienced, find the joy in it, and feel the affects of God's Good.

Empathetically and sincerely; compliment, comfort, encourage, and support others with love and truth. Let conviction happen when necessary.

Progress, not perfection. Improve awareness of progress. Tally up the good each day. Identify errors to better learn how to make improvements.

Teach by example, demonstration, and shared personal experiences. Be ready to describe own progress with real life examples.